

# Highlights in Tobacco Control

A Newsletter for Texas Communities

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## ***In This Issue...It's All About Secondhand Smoke (SHS)***

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## **2002 Report Card on Texas Secondhand Smoke Ordinances**

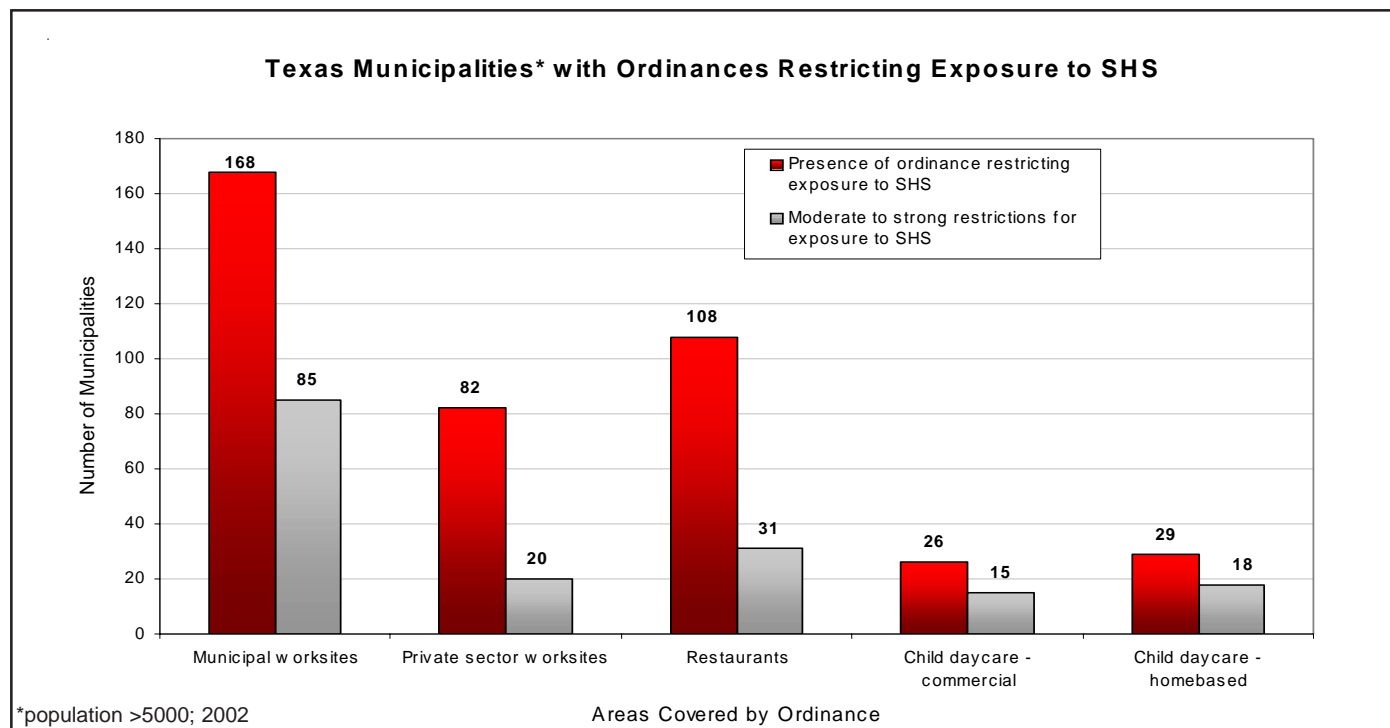
Phyllis M. Gingiss, Dr.P.H. and Melynda Boerm, M.Ed., University of Houston

Restricting smoking in public places is a key strategy for **protecting the public from exposure to secondhand smoke (SHS)**. A recent report prepared by the University of Houston for the Texas Department of Health describes results of a study to identify and describe municipal ordinances designed to restrict exposure to secondhand smoke in Texas municipalities with over 5000 residents. The report looks at the strength of ordinances in: (1) municipal worksites; (2) private worksites; (3) restaurants; and (4) commercial and home-based child day care facilities.

### Highlights

- **62% (189/299) of municipalities** in Texas with **>5000 residents have an ordinance to limit exposure to SHS**. These ordinances cover 91% of residents. However, **most ordinances** are limited in what they cover and **are not of sufficient strength** to provide adequate protection from SHS.
- **All of the 24 Texas municipalities** with populations **over 100,000 have an ordinance** with some level of restriction, as

*Continued on Page 4*



## Communities in Action 2002

### What **Harris County** is Doing to Help Eliminate Exposure to SHS

Here are a few of the things that are going on in Harris County:

Distributed literature on the dangers of secondhand smoke and laws prohibiting or restricting smoking, reaching:

- o 3000 Apartment homes (Door hangers)
- o 3500 Restaurants (mailouts on SHS)
- o 5400 Day Care Centers (Smoke Free Signs)
- o 15,000 – 50,000 people in worksites, churches and libraries
- o 10%+ of county with SHS literature including posters for kids to hang up in home

Developed smoke-free coalitions in

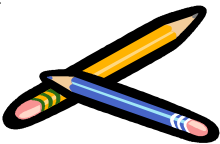
- o Houston
  - o Pasadena
  - o Bellaire
  - o Katy
  - o Humble
- ◆ Provided support for letter writing campaign by youth and adults
  - ◆ Distributed 10 public service announcements to local media on SHS awareness
  - ◆ Held smoke-free concert and fashion show for 5000+ people

- Donna Roy, Harris County Health Department

For more information call 713.439.6147 or visit: <[www.harriscountyhealth.com/tobacco](http://www.harriscountyhealth.com/tobacco)>



Joseph Jones, Lucy Reyna, Cassie DeLeon  
May 22, 2003, Houston, TX



## What Are We Doing to Eliminate Exposure to Secondhand Smoke?



Recommended Activities in the 2003 - 2008 TDH Strategic Plan	What are we doing now?	What else could we be doing?
<b>Increase enforcement</b> of federal, state and local SHS laws		
<b>Educate the public</b> including parents, business owners & community leaders about the harmful effects of SHS and the laws prohibiting or restricting smoking		
<b>Provide technical assistance</b> to give evidence-based programs and strategies to communities		
<b>Educate health professionals</b> to assess & counsel situations where SHS may need to be eliminated		

# Ask Dr. Phil

## How much funding is going to be available in FY04 for Tobacco Control in Texas?

The Texas Legislature allocated \$12.5 million a year in FY02 and FY03 to tobacco use prevention and control. The FY04 allocation is expected, at a maximum, to be near \$ 5.9 million. A projected 50% decrease in funding will have a substantial impact on our ability to fund current contractors. From a research and accountability perspective, we expect to achieve the greatest impact by using the most cost effective strategies in the higher

intensity program areas. The remaining funds will be used to provide as high intensity program as is possible in other pilot areas.



Philip Huang, MD, MPH

## What is a state strategic plan and what does it have to do with me?

A strategic plan is a little like a roadmap. It gives you directions on how to get somewhere, as well as a few signposts to let you know that you are headed in the right direction. Having a map doesn't guarantee that the trip will be made. We have to take action to make it happen.

The TDH Tobacco Prevention and Control Strategic Plan 2003 – 2008, <[www.tdh.state.tx.us/otpc/mission.htm](http://www.tdh.state.tx.us/otpc/mission.htm)> was developed by 35 tobacco control experts in Texas communities and agencies. It describes where we as a state want to be as a result of our efforts to reduce the impact of tobacco use in Texas.

For example, with everyone working together, we hope to double the number of youth in grades 6-12 (from 33.2% to 66.4% in the pilot area) who have never used tobacco products. The plan also lists specific strategies and actions that we can all take to help us reach this goal by 2008.

For more information on the strategic plan, contact Paula Traffas at the Texas Department of Health ([paula.traffas@tdh.state.tx.us](mailto:paula.traffas@tdh.state.tx.us)).

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Got a question for Philip Huang, MD, MPH, Chief, Bureau of Chronic Disease and Tobacco Prevention with the Texas Department of Health?

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## SHS & Youth - Should You Be Concerned?

In spite of the health effects, **half of Texas middle school and two-thirds of high school students** were exposed to SHS within seven days before taking the 2001 Youth Tobacco Survey. The figures rise to **90% for youth** who either live with cigarette smokers or who have at least one close friend who smokes compared to 30% for students without social sources.<sup>1</sup>

Exposure to SHS has serious health effects including respiratory problems, cancer and heart disease. Researchers have identified more than **4000 chemicals in tobacco smoke, including 43 known carcinogens.**<sup>2</sup>

1. CDC. Secondhand Smoke Exposure Among Middle and High School Students – Texas 2001. MMWR 2003; 52:152-154 Visit the CDC Website for the complete report at <[www.cdc.gov/mmwr/PDF/wk/mm5208.pdf](http://www.cdc.gov/mmwr/PDF/wk/mm5208.pdf)>
2. U.S. Environmental Protection Agency (EPA) Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders. EPA Pub. No. EPA/600/6-90/006F. Washington, DC: EPA, 1992.

- do 9 of every 10 cities with 50,001 - 100,000 residents.
- o **38% of cities with > 5000 residents DO NOT HAVE ANY ordinances.** Another 30% have ordinances of weak strength across all settings. Only one in three of these cities has an ordinance that is moderately strong in one or more settings.
  - o **El Paso is the only Texas municipality** whose ordinance requires municipal worksites, private sector worksites, restaurants, and childcare facilities **to all be 100% smoke free.** Five additional municipalities: **Baytown, Fort Worth, Irving, Lubbock and Lufkin,** have ordinances that provide moderate to strong levels of smoking restrictions across all five types of public places.

- o **Minority coverage** in Texas' larger cities is similar to that of the general population.
- o **Positive changes have occurred since 2002.** For example, 24 Texas municipalities established or updated their smoking ordinances since then, and 16 municipalities currently have smoking ordinances with at least moderate levels of restrictiveness across municipal worksites, private sector worksites, and restaurants, compared to nine in 2000. However, **much work remains.**

#### Conclusions

This information, effective January 1, 2003, may be used to help communities plan ways to strengthen existing ordinances or enact ordinances in the absence of existing coverage. UH is currently working on a website to provide statewide, regional and local information to facilitate this planning. Meanwhile, this **full report can be found at** [www.uh.edu/hnets](http://www.uh.edu/hnets).

## Just the Facts: Impact of SHS on Special Populations

### Hispanics – Lower Tobacco Use but Higher Exposure to SHS

Even though **Hispanics in Texas** are less likely to use tobacco products, they **are more likely to be exposed to secondhand smoke at work.** According to the 2002 Texas Adult Behavioral Risk Factor Surveillance Survey, **18.9% of Hispanics** report using tobacco products compared to 25.1% of Whites and 22% of African Americans. In contrast Hispanics were **more likely** than any other racial or ethnic group **to be exposed to SHS at work** (TDH, 2002 Texas Adult Tobacco Survey). About **38% of Hispanics compared to 25% Whites** reported that they were exposed to SHS at work for more than 30, but less than 40, hours per week.

### Restaurant & Bar Workers A High Risk Occupation

- **Restaurant and bar workers** have **three to six times more exposure** to secondhand smoke than other workers.
- **Waitresses** have the **highest death rate** of any female occupational group. They have a **four times higher rate** of death from **lung cancer** and a **two and a half times higher rate** of death from **heart disease.**



**Employees exposed to secondhand smoke on the job are 34 percent more likely to get lung cancer.**

Source: Siegel, M (1993) Involuntary smoking in the restaurant workplace, a review of employee exposure and health effects, JAMA, Vol. 270 (4):490.

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